

**A Lifestyle Expert Your Audience Can Relate To**

***“A Unique Story With A Big Personality”***

**A Heart Attack, Heart Disease and Open Heart Surgery Survivor**

**Amazing 200 Pound Natural Weight Loss**

**Advice! Solutions! Tips!  
Your Audience Will  
Take Away and Say...**

**I CAN! I WILL! I DID!**

**Author  
Motivational Speaker  
Certified Fitness Trainer**

*Outrunning My Shadow*

by Keith Ahrens Reached:

#1 Best Seller on Amazon.com - Heart Disease

#1 Best Seller on Amazon.com - Disorders & Diseases

#3 Best Seller on Amazon.com - Women's Health



**Keith Ahrens  
Recipient of the  
2009**

**American Heart Association  
Start! Lifestyle Change Award**

**AVAILABILITY: Nationwide and International by arrangement. Available as a last minute guest.**

**CONTACT: Keith Ahrens 702-373-2998 (NV) or Keith@OutrunningMyShadow.com**

**Web Site: www.OutrunningMyShadow.com visit "Meet The Media" Page**